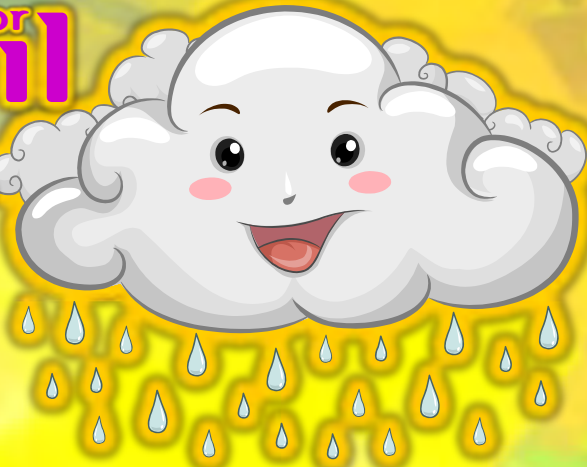


Menus for April 2024

Newport News
Public Schools
Elementary
Menu



This institution is an equal opportunity provider. Menus are subject to change.

WORLD'S GREATEST APRIL FOOLS TRICKS!



On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?! NO!!!* A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words *"APRIL FOOL"* stomped out in the snow!

See the back page for more all-time great pranks!

★ OUR NATION'S HISTORY ★

The Library of Congress was born on April 24, 1800, when President John Adams approved spending \$5,000 for "such books as may be necessary for the use of congress." With this money, 740 books and three maps were purchased to start the collection. The permanent library building wasn't finished until 100 years later – it's shown here under construction in 1893. Today, the Library of Congress holds 110 million books and other items and, with 530 MILES of shelves, is the largest library in the world.

★ WITH LIBERTY & JUSTICE FOR ALL ★

Now Appearing ...

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:
Friday, March 31

Classes resume:
Tuesday, April 9

Monday, April 8	Tuesday, April 9	Wednesday, April 10	Thursday, April 11	Friday, April 12
<u>Schools Closed</u>	<u>Breakfast</u> Dunkin Stick Fruit-Juice-Milk	<u>Breakfast</u> Bacon Breakfast Pocket* Fruit-Juice-Milk	<u>Breakfast</u> Asst. Mini Pancakes Fruit-Juice-Milk	<u>Breakfast</u> Breakfast Benefit Bar Fruit-Juice-Milk
Teacher Work Day	<u>Lunch</u> Buffalo Chicken Melt Pizza Quesadilla Turkey, Ham & Cheese Sub/Wrap	<u>Lunch</u> Garlic French Bread Meatball Sub Yogurt Parfait	<u>Lunch</u> Corndog Nuggets Baked Potato w/Taco Meat w/Cheese & Roll Chicken Salad Croissant	<u>Lunch</u> Pizza Crunchers Popcorn Chicken Steak & Cheese Sub
	<u>Choose Two:</u> Au gratin Potatoes Green Beans	<u>Choose Two:</u> Corn Tomato Soup	<u>Choose Two:</u> Broccoli Baked Beans	<u>Choose Two:</u> Cucumber Coins Emoticon Potatoes
	<u>Choose One:</u> Peach Cup	<u>Choose One:</u> Pear Cup	<u>Choose One:</u> Mandarin Orange Cup	<u>Choose One:</u> Dole Fruit Cup



Available Daily

PB&J-Sliced Apples
Cut-up Fresh Fruit
Baby Carrots
Yogurt w/String Cheese w/Cheez-its
1% White, Low-fat Flavored
And Skim Milk

***Menu item may contain pork**



Monday, April 15

Breakfast
 Breakfast Break
 Fruit-Juice-Milk

Lunch
 Galaxy Pizza
 Chicken Fajita
 Turkey & Cheese Anytimer

Choose Two:
 Sweet Potato Waffle Fries
 Corn

Choose One:
 Applesauce Cup

Tuesday, April 16

Breakfast
 Sausage & Cheese Waffle*
 Fruit-Juice-Milk

Lunch
 Mozzarella Sticks
 Beef Hot Dog
 Turkey, Ham, & Cheese
 Sub/Wrap

Choose Two:
 Green Beans
 Baked Beans

Choose One:
 Pineapple Cup

Wednesday, April 17

Breakfast
 Waffle Envy
 Fruit-Juice-Milk

Lunch
 Macaroni & Cheese
 w/Fish Sticks
 Chicken & Waffles
 Yogurt Parfait

Choose Two:
 Roasted Butternut Squash
 Spinach

Choose One:
 Pineapple Cup

Thursday, April 18

Breakfast
 Zee Zee's Smore Bar
 Fruit-Juice-Milk

Lunch
 Nachos w/Chili & Cheese
 And Roll
 Chicken Nuggets
 Stromboli*

Choose Two:
 Steamed Cabbage
 Garden Salad

Choose One:
 Peach Cup

Friday, April 19

Breakfast
 Smoothie w/Muffin
 Fruit-Milk

Lunch
 Chicken Patty on a Bun
 Teriyaki Chicken Bowl
 w/Fried Rice
 Wild Mike's Cheesy Bites

Choose Two:
 French Fries
 Broccoli

Choose One:
 Pear Cup

Monday, April 22

Breakfast
 Banana Bread
 Fruit-Juice-Milk

Lunch
 Hamburger/Cheeseburger
 On a Bun
 Pizza Calzone
 Turkey & Cheese Anytimer

Choose Two:
 Green Beans
 Fiesta Black beans

Choose One:
 Mandarin Orange Cup

Tuesday, April 23

Breakfast
 Dunkin Stick
 Fruit-Juice-Milk

Lunch
 Veg. Chili w/Scoops
 Fiestada Pizza
 Pretzel Dog

Choose Two:
 Collard Greens
 Cherry Tomatoes

Choose One:
 Mixed Berry Cup

Wednesday, April 24

Breakfast
 Bacon Breakfast Pocket*
 Fruit-Juice-Milk

Lunch
 Spaghetti w/Meat Sauce
 Turkey BBQ on a Bun
 Yogurt Parfait

Choose Two:
 Green Beans
 Cole Slaw

Choose One:
 Applesauce Cup

Thursday, April 25

Breakfast
 Asst. Mini Pancakes
 Fruit-Juice-Milk

Lunch
 Breakfast for lunch*
 w/Apple Cinnamon
 Texas Toast
 Fiesta Hot Pockets
 Chicken Salad Croissant

Choose Two:
 Garden Salad, Hash Brown

Choose One:
 Spiced Apples

Friday, April 26

Breakfast
 Breakfast Benefit Bar
 Fruit-Juice-Milk

Lunch
 Pizza
 Roasted Chicken Leg
 W/Cornbread Poppers
 Sloppy Joe

Choose Two:
 Mashed Potatoes w/Gravy
 Broccoli

Choose One:
 Dole Fruit Cup



Salad of the Day

Monday-Chef's Salad w/Garlic Stick*
Tues-Country Chicken Salad w/Crackers
Wed-Southwestern Chicken Salad
w/Cornbread Muffin
Thurs-BLT Salad w/Garlic Stick*
Fri-Hawaiian Chicken Salad w/Lemon Bread

Monday, April 29

Breakfast
 Breakfast Break
 Fruit-Juice-Milk

Lunch
 Chicken Chunks & Gravy
 Over Rice
 Beef & Cheese Soft Taco
 Beef Sliders

Choose Two:
 Fiesta Black Beans
 Mixed Vegetables

Choose One:
 Zee Zee Raisins

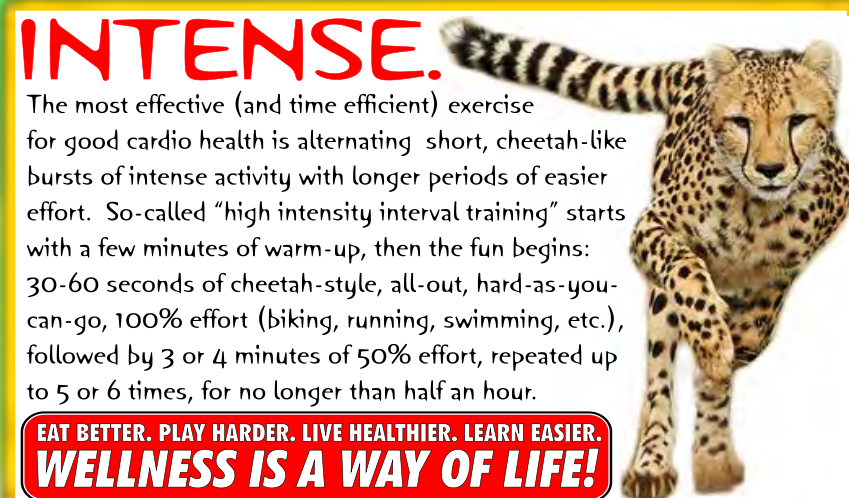
Tuesday, April 30

Breakfast
 Sausage & Cheese Waffle
 Fruit-Juice-Milk

Lunch
 Buffalo Chicken Melt
 Pizza Quesadilla
 Turkey, Ham & Cheese
 Sub/Wrap

Choose Two:
 Au Gratin Potatoes
 Green Beans

Choose One:
 Peach Cup



INTENSE.

The most effective (and time efficient) exercise for good cardio health is alternating short, cheetah-like bursts of intense activity with longer periods of easier effort. So-called "high intensity interval training" starts with a few minutes of warm-up, then the fun begins: 30-60 seconds of cheetah-style, all-out, hard-as-you-can-go, 100% effort (biking, running, swimming, etc.), followed by 3 or 4 minutes of 50% effort, repeated up to 5 or 6 times, for no longer than half an hour.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!